



Women's Health: UTI Prevention

Recurrent urinary tract infections affect quality of life and signal underlying vulnerability. Hydration, microbiome health, and glucose control influence risk. Prevention requires more than antibiotics. Addressing root causes reduces recurrence.

High blood sugar promotes bacterial growth. Low estrogen alters vaginal tissue resilience. Poor hydration concentrates urine, increasing irritation.

Lab trends may show glucose instability or inflammation in recurrent UTIs.

Lifestyle and targeted prevention strategies reduce frequency.

01 Is This Your Story?

A woman experiences frequent UTIs treated repeatedly with antibiotics. When hydration improves, glucose control stabilizes, and probiotics are introduced, infections decrease dramatically.

02 Try This Today

Measure: Track UTI frequency and triggers.

Do: Increase hydration and support microbiome health.

Reflect: Ask whether prevention targets causes or symptoms.



Select a plan:

<https://tinyurl.com/healthyu-amaze>

